

# Farmers' Market

**On the Green in front of Legislative Hall  
Beginning July 1  
WEDNESDAYS 11:00a.m.-2:00p.m.**

## Why should I shop at the Farmer's Market?

- Daily fruit and vegetable consumption may decrease your risk for chronic diseases
- Daily fruit and vegetable consumption will help manage your weight
- Support local farmers and boost the local economy
- The convenient, walkable location is a great way to get outside and do something at lunch!



**COME OUT AT LUNCH AND GET FRESH  
PRODUCE TO ENJOY THROUGHOUT THE WEEK!**

Sponsored by:



**DELAWARE HEALTH AND SOCIAL SERVICES**  
Division of Public Health